How do I choose what fabric mask to buy, or ideal fit and fabrics if I make my own?   ⊕

How should I wear and clean a fabric mask?   ⊕

How should I put on, wear and take off a medical mask?   ⊖

How to put on and take off a medical mask:

- Before touching the mask, clean your hands with an alcohol-based hand rub or soap and water.
- Inspect the mask for tears or holes; do not use a mask that has previously been worn or is damaged.
- Verify which side is the top – this is usually where the metal strip is.
- Then, identify the inside of the mask, which is usually the white side.
- Place the mask on your face covering your nose, mouth and chin, making sure that there are no gaps between your face and the mask. Place the straps behind your head or ears. Do not cross the straps because this can cause gaps on the side of the mask.
- Pinch the metal strip so it moulds to the shape of your nose.
- Remember, do not touch the front of the mask while using it to avoid contamination; if you accidentally touch it, clean your hands.

How to take off a medical mask:

- Before touching the mask, clean your hands with an alcohol-based hand rub or soap and water.
- Remove the straps from behind the head or ears, without touching the front of the mask.
- As you remove the mask, lean forward and pull the mask away from your face.
- Medical masks are for single use only; discard the mask immediately, preferably into a closed bin.
- Clean your hands after touching the mask.
- Be aware of the condition of the mask; replace it if it gets soiled or damp.

What is the difference between medical masks and respirators, like N95s?   ⊕

Does WHO recommend the use of masks with exhalation valves to prevent transmission of COVID-19?   ⊕

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